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## Bystanders standing up

Edmonton LRT hero Manwar Khan leading anti-bullying campaign across the province

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## Rescue efforts stalled by fire

Flames break out at collapsed Bangladesh building hours after owner captured trying to flee

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## FEARLESS — OR FOOLISH?

WITH NO PRIZE TO SPEAK OF, NEW SHOW PANIC BUTTON PITS CONTESTANTS AGAINST WALLS OF FIRE AND PITS OF SPIDERS AND RATS

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# Jail strikes set to expand

**Stalemate.** Government pledges no talks until workers return to jobs



**RYAN TUMILTY**  
ryan.tumilty@metronews.ca

With both sides pledging to stand firm, a dispute between correctional workers and the provincial government was set to expand Monday as provincial sheriffs joined the picket lines.

The strike began with officers at the Edmonton Remand Centre, who walked off the job Friday night, and then spread to correctional facilities across the province over the weekend.

Despite court orders compelling them back to work, the union representing correctional workers, as well as the province's sheriffs, said the strike would only expand.

"We will have more bodies tomorrow. This province needs to come to a complete stop until we get our officer safety

addressed," said Clarke McChesney, chair of the Alberta Union of Provincial Employees local.

Deputy Premier Thomas Lukaszuk was also firm in his position as saying the province would not bargain or negotiate with any workers engaged in an illegal strike.

"I have been very clear — until they return to work, there will be no discussions," he said.

Lukaszuk said the unions' concerns appeared to have little to do with safety and more to do with ongoing bargaining.

He said he reviewed inspections reports of the new remand centre and was confident the building was safe.

"The facility has received a 100 per cent clean bill of health; our inspectors spent a

full day at the facility following up on any concerns raised," the deputy premier said.

McChesney said Lukaszuk was completely off base.

"This isn't about negotiations," he said. "This isn't about money. This is about safety."

Provincial sheriffs handle courthouse security, prisoner transportation, commercial vehicles inspections and some highway patrols.

McChesney said he anticipated most would not report on Monday. "All of them are completely aware of what solidarity means and I would expect to see more bodies here tomorrow (Monday)," he said.

The province said some officers were already starting to return to work and it expected to use managers and other employees to cover the gaps.

### Quoted

**"This isn't about negotiations. This isn't about money. This is about safety."**

Clarke McChesney, chair of the Alberta Union of Provincial Employees local

## HITMEN FORCE GAME 7

Edmonton Oil Kings goalie Laurent Brossoit lets the puck slip by him in the third period against the Calgary Hitmen on Sunday. The Hitmen won, 4-3, in overtime to force a Game 7 back in Edmonton.

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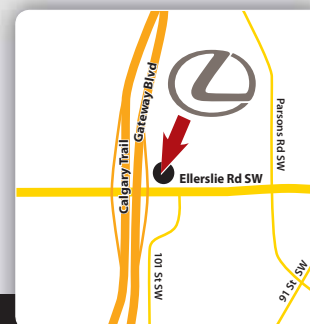


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## Campaign donations. No problems here, power players say

As controversy continues to swirl around campaign donations in Calgary, Edmonton's campaign power players say there is not the same level of strategy here.

Calgary has been abuzz after a video emerged depicting Cal Wenzel, CEO of Shane Homes, talking about directing donations to industry-friendly candidates.

Brad Armstrong, vice-president of community development at Qualico in Edmonton, said his company's donations don't come with expectations. "The money is given in support and without any strings attached," he said.

Armstrong said the company tries to spread its funds to many candidates and donates to acknowledge the work it takes for councillors to get elected. "It takes all of us. We are all connected to the community," he said.

Among current councillors, spending in the last election ranged from around \$30,000 to more than \$110,000, while Mayor Stephen Mandel filed \$675,000 in expenses.

Along with development companies, law firms, other businesses and labour unions were all major contributors.

Mike Scott of CUPE Local 30 said their donations are targeted at making sure public services stay public.

"We want to ensure that the council that is elected isn't one that is going to give and fold up to businesses," he said.

Coun. Tony Caterina said in his experience a lot of groups come out to make their issues known through funding.

RYAN TUMILTY/METRO

# LRT hero launches bystander campaign



Manwar Khan's rally attracted many people interested in bringing more attention to bullying and encouraging bystanders not to turn a blind eye. RYAN TUMILTY/METRO

## Anti-bullying. Man who attempted to intervene in attack says more people need to pay attention to violence



RYAN TUMILTY  
ryan.tumilty@metronews.ca

An Edmonton man who attempted to intervene in a homicide on the LRT system last year is encouraging more people to step up and stop violence.

Manwar Khan held the first of several rallies across the province in Edmonton's

Churchill Square on Saturday.

Khan was one of several horrified bystanders who witnessed an assault that turned deadly on Dec. 28 on a Clarview-bound LRT car.

Khan attempted to intervene as two men started assaulting John Hollar, 29. He tried to summon other passengers, yelled at the attackers and pushed the train's emergency button.

The train stopped and Khan and other passengers got off, but the train and the assault continued. Hollar later died from his injuries.

Khan said that was the day he realized that standing on the sidelines was wrong.

"That day I got the realization that every person has power as a bystander to help people, and that is the awareness I want to raise in our community," he said.

Khan said the attack on the LRT was an extreme form of bullying and his campaign encourages people to stop and prevent that behaviour.

"There is no place for bullying in our society," he said. "We will not accept bullying. We will not tolerate bullying."

Coun. Amarjeet Sohi was among those who spoke out at the campaign launch Saturday.

He said bullying hurts everyone and communities should stand up and stop it. "It

### LRT hero

The lethal December beating was the first homicide on Edmonton's LRT in its 34-year history. Jeremy Newborn, 29, has been charged with second-degree murder.

- Khan is a father of two who moved to Canada from Bangladesh in 2001 to study computer science at the University of Lethbridge.

has a huge impact, not only on the individual, but on the community."



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1 NEWS

## Fort Edmonton Park. Record numbers take part in EPF half-marathon

The first spring-like Sunday of the year made the fifth annual Edmonton Police Foundation's (EPF) Half-Marathon at Fort Edmonton Park the biggest ever, with more than 1,000 participants of all ages and abilities taking in the 21K run or 5K and 10K walk-run event.

"It's the first real break in the weather — people are itching to get out," said race director Trevor Soll. He said Saturday's windstorm meant a busy Sunday morning clearing branches and debris from the run route, but participants ran as scheduled.

More than 200 took advantage of the EPS challenge for members to run as a team with family or friends. That was the draw for EPS Insp. Mark Neufeld and his children Caitlyn, 20, and Carson, 15. The trio crossed the finish line in about one hour 50 minutes.

"We trained together for a couple of months — it pro-



EPS Insp. Mark Neufeld and his children Carson and Caitlyn ran the 21K fundraiser as a family-bonding experience. LUCY HAINES/FOR METRO

motes fitness, but it's mostly a family-bonding event," said Neufeld, a 20-year veteran of the force.

For novice Joseph Whitlow, a U.K. native, beating his two-hour goal time thanks to a confusion of training in miles versus kilometres is sweet, as is raising funds for a favourite charity back home.

The half-marathon is an EPF fundraiser for the Special Olympics and the Leukemia and Lymphoma Society.

LUCY HAINES/FOR METRO

### McConnell drownings

#### Child killer says she wasn't a bad mother: Report

An Australian woman convicted of manslaughter in the deaths of her two children in Alberta is reported to have denied she was a bad mother and is not ruling out having more kids.

Allyson McConnell is quoted by the Australian newspaper the Sunday Telegraph in a story posted on its website Saturday that she "wouldn't say no" to more children.

McConnell was given a six-year prison sentence after her sons Connor, 2, and 10-month-old Jayden were drowned in a bathtub in 2010 in Millet, south of Edmonton.

THE CANADIAN PRESS

### Two teens hospitalized

#### Police seek witnesses to accident

Edmonton police are looking for witnesses to a single-vehicle collision that sent two teens to hospital Saturday afternoon.

The accident happened around 2:45 p.m. at the corner of 109 Street and 79 Avenue. When police arrived they found two occupants of a 2001 Volvo S60 trapped inside after their car hit a light standard.

Firefighters had to use the Jaws of Life to free the pair, who were then rushed to hospital.

Anyone who witnessed the collision is asked to contact the EPS at 780-423-4567 or #377 from a mobile phone.

RYAN TUMILTY/METRO



MacEwan University fine arts student Tamia Clouthier stands with her maquette, which she said took about a month to complete — cutting, sanding, painting and assembling. CONTRIBUTED/TAMIA CLOUTHIER

## Dreaming of a permanent home for student creations

### Leaving a legacy. MacEwan University's Centre for Arts and Communication slated to move



HEATHER MCINTYRE  
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Around this time for the past three years, business owners and residents in the Stony Plain Road area have been able to enjoy temporary artwork on display, thanks to fine arts students from MacEwan University.

Now the aim is to get at least one student's work turned into

a permanent steel sculpture.

Four small-scale sculptures, known as maquettes, were voted as favourites at a gala — held instead of putting the projects out for a couple of weeks — and will be at Blue Jar Antique Mall Ltd. likely by mid-May.

A ballot box will accompany the pieces, where those passing by can mark down the one they like best and would most like to be on permanent display.

"These are very colourful works that are created by students who live or study right in the community," said instructor Agnieszka Matejko. "We would love to see some of these works stay permanently."

The hope is to follow the

same process again next year, after which Matejko hopes to have enough money through fundraising and grants to move forward with the permanent installation of at least one "winner."

The idea for the gala came from Diane Kereluk, executive director of the Stony Plain Road and Area Business Association, who said the talent and colour is really appreciated in the area.

Tamia Clouthier's piece is one of the four that will be on display for voting.

"It is really awesome to have your artwork picked to be displayed," said the 19-year-old. "It feels good that other people are going to be seeing your artwork outside of school."

### Art additions

- Work by MacEwan University's fine arts students was first temporarily displayed in Butler Park, then along Stony Plain Road the second year, and both in businesses and along the roadway last year.
- Music students have begun to add to the projects by performing where they were on display. The collaboration will continue in the future, perhaps with a piece composed for each sculpture.



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## LIKE ROYALTY

Dozens of people were at South Korea's Busan train station Friday to greet visiting Korean War veterans including Canadian John Stuber, who received a hug from Pastor Won Seong-Jae

It was an emotional roller-coaster for 36 Canadian veterans visiting Korea this past week to commemorate 60 years since they voluntarily went to war to defend the South Korean people. One moment they were on a tour bus singing a traditional Korean song just as they did 60 years ago. The next, they were wiping tears at the gravesite of fallen comrades.

Yet what remained constant throughout the five-day trip was the utmost gratitude and respect the Korean people have for the Canadian forces who served there.

The Korean government once again invited and covered the majority of the cost to host them for a revisit

### Honouring our heroes

John Stuber, now 83, placed flowers on the gravesite of his fallen comrade Pvt. James Ouelette, who died as Stuber carried an injured Ouelette over his shoulders toward safety following an ambush in 1951. But "on the way down he died on my back." Stuber was only 21.

program, which saw veterans returning to former battlegrounds and memorials dispersed throughout the country. From Day 1, Korean youth donning light-blue vests tended to their every

need, whether it was pushing them in wheelchairs or rushing toward them to help them disembark from the bus.

To put it simply, they were treated like royalty.

That gratitude extended to the general public as well. Dozens of Korean youth waving flags and saying a collective "thank you" surprised the veterans in a touching welcoming on Friday at the train station in Busan.

The delegation travelled to the port city on the final day of the program to the United Nations Memorial Cemetery, which is the final resting ground for 375 Canadians who fought in the Korean War. **JOE LOFARO/METRO**

## Algeria. President's mini-stroke could mean wide open elections

The mini-stroke suffered by Algeria's president has cast fresh doubt on his perceived ambition to run for a fourth term next year as leader of one of Africa's largest and richest countries.

The possibility that President Abdelaziz Bouteflika, 76, could step down may open up Algeria's long-stagnant politics.

Bouteflika on Saturday had a brief blockage of a cerebral blood vessel known as a transient ischemic attack, which authorities said he quickly recovered from and had no lasting complications.

Bouteflika was elected in 1999 to a country that had been savaged by years of civil war with Islamists. He is widely credited with ending the war and putting the country back on its feet, aided by soaring energy prices.

**THE ASSOCIATED PRESS**

## Syria. Alleged chemical use fits pattern of slow introduction, experts say

The instances in which chemical weapons are alleged to have been used in Syria were purportedly small in scale.

That raises the question of who would stand to gain as President Bashar Assad's regime and the opposition trade blame for the alleged attacks. Analysts say the regime has a pattern of gradually introducing a weapon to the conflict to test the international community's response.

Syria's government says opposition fighters have used chemical agents in a bid to frame it. But using chemical weapons to try to force foreign intervention would be a huge gamble and would undoubtedly taint the rebellion in the eyes of the international



A wounded Syrian man holds his injured son after an air raid on the town of Saraqeb in Idlib province, Syria. **ENN/THE ASSOCIATED PRESS**

community and seriously strain its credibility.

**THE ASSOCIATED PRESS**

### Mali crisis

## Dozens of French forces leave Timbuktu for Gao

Dozens of French forces have left the northern Malian town of Timbuktu several months after their military operation largely ousted radical Islamic fighters from the area, a French military official said Sunday.

The reallocation of 100 French soldiers to the town of Gao will pose a critical test as to whether Malian soldiers and their counterparts from neighbouring nations will be able to maintain security in the area.

**THE ASSOCIATED PRESS**

### Israel

## Ex-president's prison hit by fire

A fire erupted Sunday at the prison where former Israeli president Moshe Katsav is serving time, but he was not among the 11 people who suffered light injuries, authorities said.

Police spokeswoman Luba Samri said seven jailers, a prisoner and three firefighters suffered smoke inhalation, but the ex-president was not hurt.

Katsav was Israel's president from 2000 to 2007. He has been serving a seven-year sentence since 2011 after being convicted of rape and other charges.

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# Journalist's brutal death spurs protest

## Freedom for the press.

Concerned citizens and news media skeptical of court's decision in contentious Regina Martinez case

Officials in Veracruz state say they know who killed Regina Martinez. The reporter, found beaten and suffocated in her house, was the victim of a robbery, according to prosecutors and a local court.

But her colleagues don't believe it. The man convicted of the crime was tortured into a confession, they allege.

Some 400 people gathered Sunday in Veracruz's state capital, Xalapa, to demand justice in the Martinez case.

Martinez was the Xalapa correspondent for Proceso, a newsmagazine in Mexico. She wrote on drug cartels.

## A dangerous job

According to a report published by the Committee to Protect Journalists:

- A dozen Mexican journalists went missing in 2006-2012 and 14 were killed
- Mexico's Human Rights Commission lists 81 reporters killed since 2000

"Those who are truly guilty have not been identified," the magazine said in a statement.

State officials accused Jorge Antonio Hernandez Silva of taking part in the killing, saying it came during a robbery, and he was sentenced this month to 38 years in prison. He asserted he was forced to confess through several days of torture.

THE ASSOCIATED PRESS



A woman participates in a protest in Veracruz, Mexico, to demand justice for slain investigative journalist Regina Martinez. FELIX MARQUEZ/THE ASSOCIATED PRESS

## Background

## Government protection

Attacks have become so common that many Mexican journalists have said they will no longer cover drug cartels. The issue has become so serious that

Mexico's congress passed a bill this month that would allow journalists to request that federal prosecutors and judges investigate attacks on them, and make federal intervention mandatory in some cases. The bill has been sent to the president for his signature.

## Plug pulled. Television news outlets shut down by Iraqi government

Iraqi authorities announced Sunday they had revoked the operating licenses of pan-Arab broadcaster Al-Jazeera and nine other TV channels, alleging that they are promoting a sectarian agenda.

The move, effective immediately, comes as Baghdad tries to quell rising unrest in the country following clashes at a protest camp last week.

More than 180 people have been killed in gunbattles with security forces and other attacks since the unrest began Tuesday. Al-Jazeera, based in the small, energy-rich Gulf nation of Qatar, said it was "astonished" by the move.

"We cover all sides of the stories in Iraq, and have done for many years. The fact that so many channels have been hit all at once though suggests this is an indiscriminate decision," it said in an

## Fourth estate fights back

"We urge the authorities to uphold freedom for the media to report the important stories taking place in Iraq."

Al-Jazeera

emailed statement.

The channel covered "Arab Spring" uprisings across the region, and has broadcast on the civil war in Syria. Qatar is a critic of the Syrian regime and is accused by many supporters of Iraq's government of backing protests in Iraq.

Other channels whose licenses were suspended were al-Sharqiya and al-Sharqiya News, which frequently criticize the government, and seven smaller local channels.

THE ASSOCIATED PRESS

## Questionable content

From Iraq's Communications and Media Commission:

- The banned stations are responsible for the escalation of a sectarian backdrop that is fuelling the violence that followed deadly clashes at a Hawija camp on Tuesday. The stations have been broadcasting misleading and exaggerated reports, and airing "clear calls for disorder and for launch-

ing retaliatory criminal attacks against security forces." The commission also blamed the stations for promoting "banned terrorist organizations who committed crimes against Iraqi people."

- The decree states that if the 10 stations try to work on Iraqi territory, they will face legal action from security forces.

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# Owner of collapsed factory caught trying to flee Bangladesh

## Garment plant tragedy.

Fugitive businessman captured in border town; meanwhile, rescue efforts halted after fire breaks out in rubble

The fugitive owner of an illegally constructed building that collapsed and killed at least 377 people was captured by commandos as he tried to flee into India.

Mohammed Sohel Rana was arrested Sunday in the western border town of Benapole, said Jahangir Kabir Nanak, junior minister for local government.

Meanwhile at the disaster site, fire broke out in the rubble and forced authorities to suspend the search for survivors temporarily.

Rana was brought back

by helicopter to the capital of Dhaka, where he faced charges of negligence. Rana's capture was announced by loudspeaker at the disaster site, drawing cheers and applause from those awaiting the outcome of a continuing search-and-rescue operation for survivors of Wednesday's collapse.

Many of those killed worked at clothing factories in the building, known as the Rana Plaza. The collapse was the deadliest disaster to hit the garment industry in Bangladesh, which is worth \$20 billion annually, supplies global retailers and is a mainstay of the economy.

The fire that broke out late Sunday night sent smoke pouring from the piles of shattered concrete and halted some of the rescue efforts — including a bid to free a woman who was found trapped in the rubble.

THE ASSOCIATED PRESS



Relatives of missing workers in a building that collapsed on Wednesday hold pictures of their family members in Savar, near Dhaka, Bangladesh, on Sunday.  
KEVIN FRAYER/THE ASSOCIATED PRESS

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## Former leader speaks

## TV debate for B.C.'s premier could be 'defining moment'

Former British Columbia Premier Ujjal Dosanjh says there was no knock-out punch in 2001 when he squared off against former Liberal premier Gordon Campbell for the televised leaders debate — he was down and out before it even started.

Twelve years later and after three consecutive Liberal governments, the political landscape has shifted somewhat with Adrian Dix's New Democrats appearing at the debate with a 14-point lead — according to the most recent polling numbers — over Premier Christy Clark's Liberals.

"The (TV) debate (Monday) is a juncture in a campaign when things can change," he said, adding that Friday's radio debate between the leaders set the stage for what could be a defining moment in the 2013 campaign. **THE CANADIAN PRESS**

## Bank of Canada

## Delay casts air of suspense over governor pick

With the announcement due in days, the overwhelming odds remain that second-in-command Tiff Macklem will be appointed the next governor of the Bank of Canada.

As the date approaches to Mark Carney's June 1 departure for London, some are asking what is taking so long to confirm the appointment. **THE CANADIAN PRESS**

## British Columbia

## Multiple fatalities after horrific crash

Five people are dead following what one B.C. RCMP officer calls the worst car crash he's witnessed in 20 years.

Police say the crash occurred at an intersection not far from the U.S. border Sunday morning. It appears that a minivan sped through a red light. **THE CANADIAN PRESS**

# In the Playroom: Kids reenacting tragic tales

**Jonathan Hobin's latest controversial series.** The Ottawa art photographer enlisted children to act out tragic public events

For Picasso's masterpiece *Guernica*, it was the German bombing of a Spanish town. For Ottawa art photographer Jonathan Hobin's *Twins*, it was 9/11.

Current events have always inspired art, and Hobin's latest instalment in his controversial series *In the Playroom* is an arresting modern example.

Each of his photos depicts children at play re-enacting tragic public events.

Hobin, 33, has portrayed familiar stories, such as a Halloween-inspired Abu Ghraib prison scene, a portrait of the



In one of Jonathan Hobin's newest provocative photographs, *GOT HIM!*, a marine with a toy gun shoots Osama bin Laden in a messy ketchup-blood scene beside a kitchen fridge. JONATHAN HOBIN/THE CANADIAN PRESS

late North Korean dictator Kim Jong-il and JonBenét Ramsey dressed in a pageant gown, among others.

Asked whether he would depict the recent Boston Marathon bombings, Hobin said such events need time to play out in the culture before he can consider reflecting the

stories visually.

"It took probably about six or seven years before I did the 9/11 attacks. You kind of let the dust settle and see how it plays out," he said.

Hobin says the child models in his photographs are unpaid volunteers, and are either the children of friends and family,

or models from agencies.

"I definitely would never have photographed a child unless I fully communicated what I was going to do," he said in an interview.

Parents "had to believe in what I was doing if I was going to photograph their child."

**THE CANADIAN PRESS**



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# 2 officers shot outside Italian PM's office

**Target.** Shooting comes as Italy's new government is sworn in

An unemployed bricklayer shot two Italian police officers in a crowded square outside the prime minister's office in Rome Sunday just as Italy's new government was being sworn in, investigators said.

The gunman's intended targets were politicians, but none were in the square, so he shot at the Carabinieri paramilitary police, Rome Prosecutor Pierfilippo Laviani told reporters, citing what he said were the suspect's own words.

Mired in recession and suffering from soaring unemployment, Italy has been in political paralysis since an inconclusive February election. Social and political tensions have been running high among voters divided between centre-left, conservative and anti-government political parties.

## Alleged assailant

- Rome prosecutor Pierfilippo Laviani identified the alleged assailant as Luigi Preiti, a 49-year-old from Calabria, Italy, a southern agricultural area plagued by organized crime and chronic unemployment.

Sunday was supposed to be a hopeful day when the debt-ridden nation finally got a new government to solve its many problems. But shots rang out in Piazza Colonna near a busy shopping and strolling area shortly after 11:30 a.m., just as Prime Minister Enrico Letta and his new ministers were taking their oaths at the Quirinal presidential office about a kilometre away.

The shooting panicked tourists and locals in the square, whose centrepiece is a towering, second-century ancient Roman column honouring Emperor Marcus Aurelius. **THE ASSOCIATED PRESS**



## French building blast

A possible gas explosion ripped off the side of a five-storey residential building in Reims, France, on Sunday, killing at least three people and injuring 14 others, officials said. **JACQUES BRINON/THE ASSOCIATED PRESS**

## Rejected

### Prison interview with Omar Khadr overruled by Toews

A federal cabinet minister rejected a request for a prison interview with former Guantanamo Bay detainee Omar Khadr even though the warden gave it a green light — a move some are denouncing as extraordinary political interference.

Documents obtained by The Canadian Press under the Access to Information Act show the warden of Millhaven Institution, where Khadr is in maximum security, approved the interview request made by the news agency in January, only to be overruled.

The refusal came from the office of Public Safety Minister Vic Toews to Correctional Service Canada, records show.

**THE CANADIAN PRESS**

## Boston bombings

### FBI investigating whether suspects got training: Lawmaker

The FBI is investigating in the United States and overseas to determine whether the suspects in the Boston Marathon bombing received training that helped them carry out the attack, the chairman of the U.S. House Homeland

Security Committee said Sunday. Rep. Michael McCaul spoke a day after U.S. officials disclosed that Russian authorities secretly recorded a telephone conversation in 2011 in which one of the two brothers suspected in the attack, Tamerlan Tsarnaev, vaguely discussed jihad with his mother.

The father, meanwhile, said from Russia on Sunday he is postponing a trip to the U.S. because of poor health. **THE ASSOCIATED PRESS**

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# The first 12 months

**Home ownership.** Be prepared for short-term expenses that will balance out in the long term



**LESLEY SCORGIE**  
For Metro

Does it seem like each time you unpack a moving box you hear “cha-ching” in the back-ground.

Not only are you on the hook for paying a mortgage, you have undoubtedly realized you have one-time “set-up” expenses. A simple trip to Walmart for cleaning supplies or the first grocery shopping trip for your new place can cost hundreds of dollars.

But don't fret. New homeowners typically find their expenses level out within 12 months of taking possession.

Try to prepare yourself by creating a budget to manage your first-year cash flow. In the budget, identify critical items that must be purchased in your first month, like furnace filters, new locks, garbage bags, paper

**Maintenance fund**

- Regular home maintenance will protect homeowners from many unwanted issues like mould or premature furnace replacement. Most experts recommend that homeowners spend between one and three per cent of the value of their home on maintenance each year. Consider setting aside money in a maintenance fund.

towels, and vacuums.

Seasonal items can be purchased over the course of 12 months, like snow shovels, sidewalk salt, window washing squeegees, lawn mowers, flower planters, hoses, brooms, tools, and more.

Many new homeowners feel the need to furnish and decorate immediately, but take your time to search for



Seasonal items like lawn mowers can be bought over the course of a year to balance out a budget when moving into a home. JUPITERIMAGES/COMSTOCK/THINKSTOCK

deals. Not rushing to purchase a must-have sofa could save you hundreds by waiting for a sale.

As with most things in life, buying higher quality items typically pays off. So try to purchase quality used appliances, furniture, and home-

care products through Kijiji, Craigslist or local consignment shops.

Some first-year expenses can surprise new homeowners. Regular maintenance bills for heating and cooling systems or hiring a plumber to fix a leaky tap can run up-

wards of \$300. Tree pruning and roof maintenance can cost thousands. Emergencies are even more expensive.

To avoid racking up your credit card, do your best to plan for known expenses and set aside money every month for the unexpected ones.

Rest assured your cash flow will settle since you aren't going to need to purchase a new lawn mower every year. And if you are feeling bogged down by all the expenses, remember that home ownership is empowering and allows you to build equity in an asset.

## Repairs. Frugal ways to fix up your home

Does your new place need a pick-me-up?

Perhaps the appliances, paint or lighting aren't suited to your tastes. Or maybe you plan to live there for a short time and only want to upgrade the bare essentials. Whatever your situation, there are plenty of frugal home improvements that will add value to your new digs.

Before you take a sledgehammer to your dilapidated 50-year-old garage, step back and make a list of the repairs or replacements you want to make to your home. It helps to consult your home inspection report since it lists what needs attention and how critical the item is.

Next, prioritize the items — hint, furnace repairs are essential in Canada and should take precedence over installing a built-in Ping-Pong table.

Then investigate the costs

of each item.

If you are like most new homeowners, your list of improvements adds up to be something quite substantial.

So stick to a budget and work through your list over the course of a few years.

Kick off your improvements with 50 to 100 hours of thorough cleaning — cabinets, drapes, floors, walls,

closets, knobs, handles and more. This action is free and will allow you to better determine whether you can repair, rather than re-

place, certain aspects of the home. This can save thousands of dollars.

Move to the highest impact items next. Have your furnace, water heater and air conditioning unit inspected, repaired and cleaned. Upgrade appliances, faucets, refinish cabinets, re-grout tiles, and replace knobs and toilet seats. Reduce clutter by setting up well-designed storage spaces. Update light fixtures, carpets or refinish worn-out hardwood. Hire an electrician and plumber to fix any issues. Paint your walls and furnish your home with appealing

items.

Many affordable home improvements can be completed by you, which saves money. When purchasing supplies, furniture or appliances, check for gently used

### Hiring a contractor

- Sometimes home renovations require the services of a contractor. Check that your contractor has a valid licence (issued by the government). Ask for at least three references and view past work the contractor completed. If you are satisfied, review the contractor's contract with your lawyer, paying special attention to terms and conditions. Professional contractor Mike Holmes' website (makeitright.ca) has great suggestions on home renovations.

items on eBay, Craigslist or Kijiji (I bought a new stove, still in its original wrapping, for \$60).

It's easy to add value to your home through sweat equity and affordable upgrades. **LESLEY SCORGIE**





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## Trade

**U.S. border fee not going to happen, congressman says**



A truck carries vehicles to the U.S. over the Peace Bridge crossing in Buffalo, N.Y. THE CANADIAN PRESS FILE

A U.S. congressman says Canadians should not be overly concerned about a proposed border-crossing fee, saying it just isn't going to happen.

Democratic representative Brian Higgins, from Buffalo, N.Y., told CTV's Question Period on Sunday that he has a lot of allies in the U.S. Congress who will stop any legislation that includes a fee.

Higgins, a member of the homeland security committee, has been a vocal critic of a proposed study on a border fee since it was spotted last week buried in the department's 2014 budget.

The Canadian government said it would lobby against such a fee. But Higgins says there is sufficient political opposition to stop any such fee in its tracks.

THE CANADIAN PRESS

# Who's the space cadet on the new \$5 bill?

**Funny money.** Dextre, Canada's extraterrestrial robotic go-to guy, rockets to fame on plastic notes — leaving focus groups scratching their heads



The Canadian Space Agency's robotic handyman, known as Dextre, ferries cargo from the Kounotori2 cargo ship to the International Space Station in this February 2011 file photo. Dextre will be featured on one of the Bank of Canada's new plastic notes. NASA/THE CANADIAN PRESS FILE

The Bank of Canada is set to unveil its latest plastic bank notes this week — but documents show some people found one of the new bills too “cartoonish” and the other too old-fashioned.

Focus groups consulted about the proposed images for the new bank-note series thought the space motif of the new \$5 bill looked childish.

“There is a perception that the note looks ‘cartoonish’ or too child-like,” says a 2009 report commissioned by the bank from The Strategic Counsel, obtained by The Canadian Press under the Access to Information Act.

Others were left scratch-

ing their heads over the depiction of Dextre, a Canadian robotic handyman on board the International Space Station. Some people wrongly assumed Dextre was the name of an astronaut shown on the bill, while others had no clue who the name referred to.

“Dextre is not recognized — although once explained, it is accepted as an element of

Canada's contribution to space technology that should be kept,” the report says.

“The image of the space station is not recognized. It is confused with a concept drawing.”

But if some people were stumped by the space-age technology on the \$5 bill, others complained the train on the new \$10s looked too quaint.

THE CANADIAN PRESS

## Climate change. EPA reduces estimate of methane leaks during natural gas production

The Environmental Protection Agency in the U.S. has dramatically lowered its estimate of how much of a potent heat-trapping gas leaks during natural gas production, in a shift with major implications for a debate that has divided environmentalists: Does the recent boom in fracking help or hurt the fight against climate change?

Oil and gas drilling companies had pushed for the change, but there have been differing scientific estimates of the amount of methane that leaks

from wells, pipelines and other facilities during production and delivery. Methane is the main component of natural gas.

The new EPA data is “kind of an earthquake” in the debate over drilling, said Michael Shellenberger, the president of the Breakthrough Institute, an environmental group based in Oakland, Calif. “This is great news for anybody concerned about the climate and strong proof that existing technologies can be deployed to reduce methane leaks.” THE ASSOCIATED PRESS



Oil workers drill near Medicine Lodge, Kan., in this February 2012 photo, using a technique known as hydraulic fracturing or fracking to coax out oil and gas. Natural gas production has boomed in recent years, because fracking has enabled drilling in previously untapped areas. THE ASSOCIATED PRESS FILE

## Bitcoin dealers navigating uncharted financial waters

Canadians buying and selling an emerging digital currency are running afoul of established banks and operating in uncharted territory for financial regulators.

“The Canadian government doesn't know what a Bitcoin is, doesn't recognize the Bitcoin, and there's no regulatory agency that knows what a Bitcoin is,” said Joseph David, the owner of VirtEx.

His Calgary-based website

lets Canadians trade Bitcoins through an online market similar to a stock exchange. David said the two-year-old company facilitated \$15 million in transactions this year.

But the company is one of several Bitcoin dealers struggling to navigate financial regulations that don't account for virtual currencies, and to cope with major banks shutting down their accounts without explanation.

Earlier this month, the Royal Bank of Canada closed VirtEx's account, along with the bank account of an Ottawa-based Bitcoin dealer.

“Anti-money laundering policy is a big thing, and that's what banks are concerned about,” said James Grant, the owner of Canadian Bitcoins in Ottawa.

“Our problem is that we're not laundering money.”

THE CANADIAN PRESS

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## Beef industry to propose using irradiation

Steaks are displayed at a grocery store in this file photo. Canada's beef industry is about to ask the federal government to approve the use of irradiation in meat-processing plants to kill E. coli bacteria. Irradiation involves bombarding meat with radiant energy similar to X-rays. THE ASSOCIATED PRESS FILE

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# THROUGH ROSE-COLOURED GLASSES

I'm now committed to saying positive things about my city.

I could ask if, when it comes to Sir Winston Churchill Square, the civic administration's mantra is "If at first you don't succeed try, try again. After all, it's not our money. And what's \$50 million, anyway."

I could do that, but I won't — too negative.

If I were going to be negative, I could ask what is going on with how the civic administration guesstimates infrastructure projects and why the cost of the Groat Road Bridge has jumped by \$11.5 million.

I could opine that apparently no one actually knows how to cost these things out. No, I won't do that because it would be negative. And besides, that would just lead me to point out that the increased cost means we won't see the promised streetscraping on Jasper Avenue that would help Edmonton's main street to actually look like one.

No, that wouldn't be positive at all.



**URBAN COMPASS**  
**Terence Harding**  
edmonton@metronews.ca

Being positive means I don't have to wonder who on earth keeps telling our mayor there will be money for a downtown arena.

That would cause me to wonder why the provincial government would do that during a time of fiscal restraint.

It would also make me wonder what kind of financial legerdemain changed what we need from \$100 million to \$45 million. No, doing that would just make me sad; so I won't.

This focus on being positive certainly makes my life easier. I don't have to ask if we are actually going to see increased revenue from the community revitalization levy (CRL) that is based on a downtown

arena that we don't have, and can't afford to build.

I also don't have to ask myself why you and I should have to pony up another \$100 million for a visionary (some negative naysayers would say hallucinatory) performing

## Everything looks better in Rainbowland

This focus on being positive certainly makes my life easier. I don't have to ask if we are actually going to see increased revenue from the community revitalization levy that is based on a downtown arena that we don't have, and can't afford to build.

arts centre downtown.

And again, I don't have to ask just how much money everyone thinks will actually be raised through a CRL. Though I have to admit that it seems that our imaginary arena is going to be a goose that is expected to lay a very big golden egg.

Ah, the world is so much brighter when you accentuate the positive and eliminate the negative. So I encourage you to do just that. Don't worry about the city's finances; be happy. Everything is going to work out just fine.

## ZOOM

# Half military, half citizenry



ILYA PITALEV/2013 SONY WORLD PHOTOGRAPHY AWARDS

## Pyongyang crowd picture wins award

"In Pyongyang, half the people I saw were army men, the other half were civilians." These words by Ilya Pitalev are perfectly illustrated by his shot of soldiers and citizens in Kim Il-sung Stadium. Pitalev won the current affairs category at this year's Sony World Photography awards for his images of North Korea. **METRO**

## Q and A

## A microcosm of North Korea



**ILYA PITALEV**  
Photographer for RIA  
Novosti news agency,  
42, from Moscow

**How did you capture this striking juxtaposition?**  
The shot was taken inside

Kim Il-sung Stadium. When the crowds first caught my eye, I could simply make out a geometric line dividing the people in two. There and then, I didn't think it was some profound or philosophical photograph — above all, it was a good, visual shot. But then after some time, I began to understand that the image

reveals something about the country and its society.

**What would you tell the world about North Korea?**  
That people there have their own celebrations in life and can find happiness. But they exist in a separate world, difficult for understanding from outside the country.

## Clickbait

OK, it's time to mix up the 24-hour news updates, sports highlights and celebrity gossip that flood your Twitter feed, and incorporate some nonsensical, but punny accounts that pack their 140-character posts with something to snicker about.



AIMANNPHOTOGRAPHY/Flickr

## @Pundamentalism:

With puns such as, "Damn girl, you must be an English teacher, because when you're around I'm careful with the use of my colon," and, "If Satan loses his hair, there'll be Hell toupée," and other updates that vary between LQTM and LOL, for example, "Thank-you for calling the Chronic Indecisiveness helpline. Please select one of the following 15 options," there isn't room for the mundane.

## @SixthFormPoet:

If you can relate to self-deprecating humour with some intermittent cheesiness spliced into the mix, the Sixth Form Poet is just for you. With gems like, "I'll have what she's having." - Me, watching a woman having a nervous breakdown," and "Never Eat Stolen Wheat." - Moral compass," it's no wonder there is an entire book consisting of these jokes.

## @GSElevator:

This overheard-in the Goldman Sachs elevator account is a cross between the likely and the too good to be true. Employees are encouraged to email awkward moments. Here's one glimpse into the lives of the one per cent: "#1: Spent last night pouring champagne, feeding her dessert, & telling stories of my trip to Bhutan. I've never been to Bhutan." No need to envy the proverbial fly on the wall.

## Tweets

**Don Cherry said the men's locker room is no place for a woman during his weekly Coach's Corner segment on Hockey Night in Canada on Saturday night while discussing the controversy around Chicago Blackhawks defenceman Duncan Keith (whose comments to a female reporter have been called sexist).**  
**Naturally, fans took to Twitter to comment. What's your stance? Let @metropicks know.**

**@therealmcguirkk:** don cherry bang on with his comments last night... imagine a male reporter in a female changeroom with naked women..oh the atrocity #feminazi

**@Jare\_Bear16:** Rons face when don says women shouldnt be in the changeroom.. lmao

**@mrcanadiantech:** Looks like Don Cherry said something again, but I have to agree with him on this one.

**WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca**

## TV Briefs

### Two and a Half Men losing cast?

CBS announced on Twitter last Friday that it's bringing Two and a Half Men back next season, but didn't address whether the full cast would return. The series stars Ashton Kutcher, Jon Cryer and Angus T. Jones as Cryer's son. Jones' character is serving in the Army this season and has been somewhat less visible on Two and a Half Men.

THE ASSOCIATED PRESS



Will Angus T. Jones return to Two and a Half Men?

GETTY IMAGES

### NBC renews five dramas

Television producer Dick Wolf will be busy next year. NBC said Friday that it has renewed five of its dramas for next season. Two of them — the long-running Law & Order: Special Victims Unit and Chicago Fire — are made by Wolf and his team. Revolution, Parenthood and Grimm were also given the guarantee that they will go on for another year.

THE ASSOCIATED PRESS



Panic Button premieres Tuesday on Space. HANDOUT

# Who's afraid of a big, bad show?

**Panic Button.** New series pits people against their primal fears — and the only prize is bragging rights

What is your deepest, darkest innermost fear?

Participants come face-to-face with what scares them most in Panic Button, which premieres Tuesday at 10 p.m. ET on Space.

Volunteers are outfitted in red jumpsuits and hel-

metts and invited to wander through a Big-Brother-style house of horrors in an environment that is Saw scary. Besides all manner of psychological terror, including being blindfolded, confined in tight spaces and wading through muck, they also have to endure live snakes, spiders and rats.

It all takes place in what was — appropriately enough — once a slaughterhouse in Toronto's West End.

This too-much-reality series features many slasher film motifs. Stark white rooms with No Exit stencilled on

the wall above the entrance-way give way to darkened, creepy corridors littered with hoses, wires and ankle-deep swill. At one point, players are confined in a standup metal booth the size of a coffin, which is then pushed through a wall of flames.

That's the easy part. Then the critters are unleashed. In some episodes, even Doberman.

"This is psychotic," says one woman who braved her way to level three.

A disclaimer at the end tells viewers that "No harm was done to any animal" dur-

ing the course of production. But what about the humans?

Players are given red, lit panic buttons they wear on their suits and can push the second it all gets too intense. The surprise in the pilot is who slaps theirs first and who holds out until the bitter end.

Women, reports fellow producer Kevin Healey (Scare Tactics), are more likely to be brave and proceed farther into the maze. Men are generally fraidy cats. "Guys are falling like fall leaves," says Healey.

THE CANADIAN PRESS



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# Navajo the chosen one for new Star Wars dubbing treatment



Hans, Leia and Luke can now be heard with Navajo dubbing in the Star Wars movies. AP PHOTO/20TH CENTURY-FOX FILM CORPORATION

**Boost for ailing language.** Native American tongue will receive much-needed attention as it's rarely used in the movies

a very good feeling about this. He sees it as entertaining, educational and a way to preserve the Navajo language at a time when fewer tribal members are speaking it.

"That's the beauty of what we're doing; we're teaching Navajo language to anybody who wants to learn the Navajo language," Wheeler said. "I find that very rewarding and somewhat ironic. We went from a country that wanted to limit our language, to the Navajo language saving our country through Code Talkers, to our language being part of a major motion picture."

The classic 1977 film that launched a science fiction empire and revealed the force within a farm boy who battles evil has been dubbed in Japanese, French, Spanish and about a dozen other languages. Add Navajo to the list.

Manuelito Wheeler, the director of the Navajo Nation Museum who reached out to Lucasfilm Ltd. with the idea, has

Aboriginal languages on the big screen are a rarity. Independent films and documentaries at film festivals have

## Quoted

**"We're teaching the Navajo language to anyone who wants to learn the Navajo language."**

Manuelito Wheeler, director of Navajo Nation Museum

been in the tongue of American Indian tribes. Yet it's far less common to see it done in mainstream movies and shown in commercial theatres.

A team of five Navajo speakers spent 36 hours translating the script for Star Wars Episode IV: A New Hope, and now they're looking for fluent Navajo speakers to fill some two dozen roles. **THE ASSOCIATED PRESS**

## Braff project Kickstarted. \$2m for Garden State sequel reached with ease

Zach Braff has met his goal on Kickstarter, raising \$2 million in three days to fund his follow-up to Garden State.

The actor-director's crowd-funding campaign follows Rob Thomas' wildly successful use of Kickstarter to finance a movie of the defunct TV series Veronica Mars. Thomas pulled in \$2 million in less than a day, eventually gathering more than \$5.7 million in 30 days.

But some observers have criticized Hollywood stars for using the Kickstarter website to dip into the pockets of their loyal fans. Braff has said this is the only way for him to direct his first film since Garden State with final cut and his desired casting.

After passing his goal Saturday, the *Scrubs* star said on Twitter: "I will not let you down. Let's go make a killer movie." **THE ASSOCIATED PRESS**

## Box office

### Iron Man 3 conquers world

Iron Man 3 made a colossal overseas debut that overshadows a sleepy pre-summer weekend at the domestic box office. The superhero sequel starring Robert Downey Jr. earned \$195.3 million in 42 overseas markets. Sunday studio estimates show director Michael Bay's true-crime tale *Pain & Gain* muscled into first-place domestically with a \$20 million debut.

**THE ASSOCIATED PRESS**

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## Martha Stewart finds online dating half baked

Martha Stewart once turned to online dating site Match.com to help her find a boyfriend — but she couldn't go through with it.

"I started laughing half-way down the page," she tells Matt Lauer in an interview. "It was, like, impossible."

But Stewart insists, at least, that if she does go through with an online dating profile, she wouldn't hide her identity.

"I want to do my real thing," she says.



Martha Stewart



Justin Bieber and Selena Gomez. ALL PHOTOS GETTY IMAGES

## Bieber and Gomez continue to play up their reconciliation

In what has to be the surest sign yet that Justin Bieber and Selena Gomez have rekindled their romance, the Canadian pop star posted a photo to Instagram over the weekend of himself hunched shirtless over his laptop with a squinty-eyed Gomez cosying up behind him, arms around his midsection.

And the caption he chose

for the revealing photo he shared?

"You've been makin' music for too long, babe. Come cuddle' — her."

And there's further speculation about just how long they've been back together, as the picture was taken before Bieber acquired the tiger tattoo on his bicep he debuted last week.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## McGowan is letting her hairstyle go to her head



THE WORD  
Dorothy Robinson  
scene@metronews.ca

The newly platinum blonde actress Rose McGowan says her look is giving her a toughness she didn't have before.

"Part of (going blonde) is because I've been told (brunettes) look accessible and pleasing to the men in L.A. so as not to scare them. But then I realized I always scare them so f— it — I'm just going to do whatever I want and I've always wanted short platinum blonde hair so screw it....The men in Hollywood aren't men — they're guys like (whispers) Judd Apatow."

McGowan says this last

part while making a face to suggest that Apatow doesn't chop his own wood, and adds, "Real men are hard to come by."

McGowan is so fierce during our recent interview on the Rooftop Terrace at Gramercy Park Hotel, it is hard to believe that the whole point in her talking to me is to promote the limited edition rose wine, Apothic Rose.

"I only drink Rosé, isn't that funny?" she says in a way that makes me feel it isn't contractually obligated. "I like it ghetto style — I usually pop an ice cube in it to chill it and take the sweetness out of it."

If you can't tell by now, McGowan isn't afraid to let loose on the current battle of the sexes in Hollywood.

"It's all frat guys; they condone sexism. The execs and the agents. They are people who went to law school and it wasn't sexy enough ... It's not like they want to be a part of great film making or anything," she said.



Lindsay Lohan

## Will it be one luxurious rehab or another?

With less than a week to go before she's set to begin a court-ordered 90-day rehab stay, Lindsay Lohan reportedly still can't decide on which facility to check herself into, according to E! News.

"It is too hard for her," a source says. "She doesn't know yet, and it's been really hard for her to decide. Time has caught up too soon, but nowhere has been decided."

Her two top choices reportedly include a facility in New York City and a luxurious retreat on the Caribbean island of Antigua that would run more than \$70,000 for the three-month stay. Lohan is due to check in somewhere Thursday.



Gwyneth Paltrow

## Paltrow's premiere proves revealing

While Gwyneth Paltrow has received high marks from fashionistas for the sheer side panels in the gown she wore to the Iron Man 3 premiere last week, not everyone was a fan of the underwear-free look, and the Oscar-winning actress tells Ellen DeGeneres that she was "humiliated" by the bad press the gown received.

"I kind of had a disaster. I was doing a show and I changed there and I ... couldn't wear underwear," Paltrow says of the decision to rock the look. "Let's just say everyone went scrambling for a razor."

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Book

## Drunk Mom tells painful story

As the mother of a newborn, Jowita Bydlowska justified her drinking as research for a novel about alcoholism. The final result? A memoir about her own struggles with addiction.

Drunk Mom (Random House, \$22.95) is an agoniz-

ing catalogue of Bydlowska's drunken parenting failures, filled with excruciating details like the fact that she kept a secret stash of bottles in her son's sock drawer.

"I'm told that I have a dark sense of humour," says Bydlowska. "I don't know if I did it consciously, but you need a bit of relief."

She also writes with piercing honesty about using Google to determine

if her breast milk was safe to drink, hiding bottles of vodka in her son's stroller and fighting with her partner, author and newspaper columnist Russell Smith.

After three and a half years of sobriety, Bydlowska had a drink at a friend's wedding in Warsaw before she knew she was pregnant.

She relapsed into full-blown alcoholism with a glass of champagne follow-

ing the birth of her son.

She does wonder about what her son will think when he reads the book. "I certainly have this idea of him being a 13- or 14-year-old and throwing it at the wall," she says.

"My hope is that he'll read it with an open mind and an open heart. It's a memoir, but it's also a form of (making) amends."

THE CANADIAN PRESS

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# What to expect when you're expecting after the age of 35

## Pregnancy.

Dr. Glade Curtis is a national authority on pregnancy. Now he turns his knowledge to the mid-30s set

NATALIE SHURE

Metro World News in New York City

As author of 18 books on women's and baby's health, Dr. Glade Curtis is a national authority on pregnancy.

A newly revised edition of *Your Pregnancy: After 35* is the latest addition to the authoritative *Your Pregnancy: Week by Week* series, co-authored by consumer and family studies expert Judith Schuler.

The updates are geared toward an ever-increasing proportion of women who choose to have children in their mid- 30s and beyond.

### What did you consider when updating this book?

I think it's critical, when

people want information about their health and pregnancy, that the information is up-to-date. I looked at every part of it to add new information, including how the science has changed. I think one of the more exciting areas for this population of pregnant women is all of the things we're learning about genetics and genetic counseling.

### What are the best parts about pregnancy at this age?

They're more informed, and they're more aware of potential risks and problems. They have taken good care of themselves — if you compare that to an 18-year-old who wasn't trying to get pregnant, then it becomes clear that we don't need to be scared to death of these pregnancies.

### What do women find most useful about this book?

The most important thing is being armed with accurate information so that when they visit their doctors they can ask the appropriate questions. The other thing is re-



Women who are older than 35 are more aware of the potential risks that come with pregnancy. ISTOCK

assurance. For any woman and any couple, being pregnant is scary — the book reassures women that these are normal things that are happening.

### What are some of the field's most important new medical advances?

One of the most exciting advances is all that has happened in ultrasound technology. Ultrasound has gotten so good, there are so many things we can do to evaluate the baby and help with the pregnancy.

### What should expectant couples keep in mind during a pregnancy?

I think it's always important to remember to enjoy the miracle of birth. So, make sure you enjoy the excitement, the fun and the miracle of having a baby.

# Before IVF, try these baby-making tricks

LINDA CLARKE

Metro World News in New York City

If you're having trouble conceiving, you're not alone.

Women's health expert Dr. Donnica L. Moore, a spokesperson for the Clearblue ovulation test, says that some problems in conceiving can be avoided. She and Dr. Victoria Maizes, author of *Be Fruitful: The Essential Guide to Maximizing Fertility and Giving Birth to a Healthy Child* gave

us a preconception checklist.

### Be patient

"Women erroneously think that once they stop taking birth control — voila! They will become pregnant. It can happen, but generally the hormones have to settle down," says Moore.

### Mark your calendar

"There are four or five days when a woman is most likely to conceive," says Moore. "The time of ovulation and

a few days before is when couples need to plan to have intercourse. That's where Clearblue come in. It checks the LH surge (a rise in luteinizing hormone, which happens right before ovulation starts)."

### Enjoy sex

"Procreational sex is very different from recreational sex and it puts a lot of stress on couples. That stress makes you less likely to want to have sex, and it becomes a cycle," says Moore.



There are four or five days when a woman is most likely to conceive. ISTOCK

### Ditch low-fat dairy — really!

"Whole-fat dairy products are associated with a lower risk of infertility. This may be due to

the way the hormonal balance shifts when we remove milk fat to make low-fat milk product," says Dr. Victoria Maizes.

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Live Below the Line challenges people to live under the poverty line for five days, and to buy all the food and drink needed to survive during that time with just \$8.75 a week or roughly \$1.75 a day. Here are some recipes to help you take the challenge.

# In the kitchen and below the line

IZABELA  
SZYDLO  
life@metronews.ca

What do celebrities like Ben Affleck, Hugh Jackman, Canadian actor Ennis Esmer, Osman 'Oz' Bey of CTV's *The Listener* and Carrie-Lynn Neals of CityTV's *Seed* have in common with thousands of Canadians and Americans?

They're all taking part in the Live Below the Line challenge, during which participants spend just \$8.75 a week or roughly \$1.75 per day (\$1.50 in the United States) on all daily food and drink from today to May 3.

The \$1.75 per day mark is the Canadian equivalent of the poverty line and the goal of this challenge is to begin a national dialogue to change the way Canadians think about the choices made every day by those living in extreme poverty.

In addition to raising awareness by partaking in the challenge, Canadians are raising funds for four partner organizations:

## Ingredients

- 100 g linguine
- 1/2 Italian sausage, casing removed
- 1 white mushroom, halved and sliced
- 1 tbsp tomato paste
- Pinch of dried oregano

Cuso International, Spread the Net, RESULTS Canada and Raising the Village.

"Living on \$1.75 per day is not about pretending to be poor," says Erin Deviney, Canadian campaign manager of Live Below the Line.

"It's about raising awareness of the difficult choices 1.4 billion people must make to survive each day and supporting partner organizations directly combating extreme poverty."

Chef John Placko of Modern Culinary Academy, one of Canada's top culinary consultants, and Christina Frantzis, a food stylist and recipe developer, have created recipes to help

## Linguine with Sausage and Mushroom Ragout



This dish costs \$0.64 per person to make. MARTHA WEBER

Canadians with the challenge.

## Linguine with Sausage and Mushroom Ragout

1. Fill a medium-sized pot with water and bring to boil. Cook pasta according to package instructions then drain.

2. Add sausage to small pan and break it up while sautéing over medium heat until almost no pink remains.

3. Slice mushroom and add to a pan. Cook over moderate heat until softened.

4. Stir in tomato paste and reserved cooking water into sausage mixture and simmer until reduced by half.

5. Add oregano and spoon sauce over pasta and enjoy. CHRISTINA FRANTZIS, FOOD STYLIST AND RECIPE DEVELOPER

## Breakfast. Apple Cinnamon Five-Grain Pancakes



These pancakes cost \$0.56 per person to make. MARTHA WEBER

1. In a small bowl, add the water into the pancake mix. Stir gently then add in the cinnamon and apple until the mixture is smooth.

2. In a non-stick skillet over medium heat, ladle batter according to desired size.

3. Cook for 2 minutes or until bubbles form in the batter. Turn and cook for 1 to 2 minutes longer or until golden and puffed.

4. Dust finished pancakes with icing sugar and enjoy. CHRISTINA FRANTZIS, FOOD STYLIST AND RECIPE DEVELOPER

## Ingredients

- 3/4 cup water
- 3/4 cup 5-grain pancake mix
- 1/2 tsp ground cinnamon
- 1/4 cup apple, diced
- 1/2 tsp icing sugar

## Quick Caramelized Onion & Potato Frittata



This recipe costs \$0.63 per person to make. CHEF JOHN PLACKO

1. Heat oil in a non-stick pan on medium heat and add the

## Ingredients

- 1 tbsp of vegetable oil
- 1/2 of an onion, sliced thinly
- 1 small potato, diced small (1/4 inch), cooked in salted water
- 2 eggs, beaten
- Salt and pepper

onion slices.

2. Stir with a wooden spoon while cooking for 8 to 10 minutes until golden brown.

3. Drain the cooked potato and add to the pan. Combine potato and onions.

4. Add beaten and seasoned eggs to the pan and stir with the onions and potatoes until

the eggs begin to set.

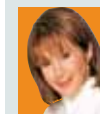
5. Leave the eggs to cook and firm up for 1-2 minutes.

6. Place the pan under a broiler/grill for 2 minutes.

7. Use a spatula to loosen the omelettes from the pan and slide onto your plate. CHEF JOHN PLACKO, CULINARY DIRECTOR AT MODERN CULINARY ACADEMY

## Healthy eating

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## Equivalent

Two slices of Mrs. Vanelli's Roasted Vegetable Pesto Pizza are equal in fat to 11 McCain's Deep 'n' Delicious Three-Cheese Mini Pizzas.



## Mrs. Vanelli's Hawaiian Pizza (2 slices)

860 calories/ 26 g fat

If you choose this pizza made with ham and cheese, you will save about 350 calories and 40 gm of fat.



# Y we could use some boomer wisdom

**Take me to your senior.** Learning from our elder leaders will only serve to benefit future business

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CareerBear.com

The knowledge gap in the corporate world will widen if retiring baby boomers continue to do little to mentor younger workers, says Donna Stevenson, a business coach and recruiter who's studied the issue.

Stevenson surveyed 100 senior leaders and human resource managers across the country who told her baby boomers are reluctant to share their workplace expertise.

"This failure to pass on the torch will leave wastelands of organizational know-how as 50 per cent of baby boomers prepare to retire over the next seven years."

Since many senior man-

agement positions are held by boomers, and since the next group, known as Generation X (those born in the early '60s to early '80s), is too small to pick up the slack, it will be left to Generation Y (those born after the early '80s to 2000s) to do so.

"I was under the impression Generation Y didn't want to learn and that's not true at all," says Stevenson. "They want to move ahead. What we're pitching is the need for organizations to have a leadership legacy."

Her research also found that less than 25 per cent of companies have succession planning in place.



It is imperative that Gen Ys recognize the contribution of boomers, and by doing so they will hopefully pave the way for mutual respect. ISTOCK

**You got me all wrong**

"I was under the impression Generation Y didn't want to learn and that's not true at all. They want to move ahead. What we're pitching is the need for organizations to have a leadership legacy."

Donna Stevenson  
Business coach and recruiter

## The whys and the hows

**Why are boomers less inclined to help younger workers? Here are four reasons that Stevenson's research identified, as well as how Gen Ys can overcome them and get a boomer boss to share their workplace expertise.**

- **Boomers fear not being needed anymore.** Stevenson recommends younger employees use their technology related skills as bait. "Find boomers who are in roles you'd like and offer to help them learn social media skills, even if it's so they can communicate with their grandkids."
- **Boomers lack the time and resources to mentor.** Stevenson says what they're really saying is they don't know how to mentor. As a Gen Y employee trying to overcome this, get involved in a work project that will have a significant influence over the organization. By participating you're bound

to at least pick up pointers from senior staff and perhaps even plant the seed for a mentoring relationship.

- **There's no mentoring motivation within the organization.** Gen Y subordinates should be more flexible in being available for senior leaders, says Burlington-based recruiter Claire Gibson. Try to find projects that you can collaborate on. Again, use your digital skills to turn boomers' heads.
- **There's no one in the organization worth mentoring.** This probably points to organizations that have poor mentoring cultures. Gen Y workers should try to find organizations that foster senior leaders who coach and guide. Ask during the interview process how the organization cultivates its mentors, says Gibson.

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# Oilers see bright future despite disappointing finish

**NHL.** Underwhelming team looks to fill in gaps and maximize young talent in extended training camp

Take away all the pre-season hype born out of three consecutive No. 1 draft picks and head coach Ralph Krueger says the Edmonton Oilers finished just about exactly where they deserved to be.

Krueger, a first-year NHL coach, admitted the Oilers "ended up with the result we deserved" on Sunday.

After winning their final two games the Oilers finished 24th in the league, 12th in the Western Conference and out of the playoffs for a seventh straight season.

Despite yet another disappointing ending — the result of a late-season six-game losing streak that dropped them out of playoff contention — Krueger said the season does give him confidence in the future.

He said the team's character and ability "showed up multiple times during the season when you had a feeling we were going to fall off the map and we came back, and then we came back again and we came back a third time.

## Young talent

**"There's a skill level on this team we haven't had in the past.... But with talent you need leadership, you need veteran players, you need some grit."**

Oilers Captain Shawn Horcoff on potential new additions to the Edmonton lineup.



The uncertain future of veteran goalie Nikolai Khabibulin could have a significant impact on the Oilers' future. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

"A fourth time wasn't in the cards, which showed we still don't have the team to be a playoff team."

Now, he said — and most players speaking Sunday agreed — the team has to start making a difference beginning immediately. Krueger said that more importantly than any-

thing the new season starts today with what he termed "a four-month-plus training camp."

He said among the numerous needs of the team that finished with 45 points in 48 games, five below Krueger's projection, is the necessity to get stronger, physically and mentally.

To that end the team has "a very strong summer program in place to either take a player 100 per cent under control or to supplement what he already has in place. We're going to be attacking that with a passion."

The team will definitely undergo roster changes. It has a number of free agents to deal with and newly appointed general manager Craig MacTavish has already indicated changes are coming.

Although Ryan Whitney is a left-handed shooting, puck-carrying defenceman, which Krueger listed as one of the team's priority needs, the veteran player said he will not be back next season. Benched a couple of times during the season and never given a starting job, Whitney said the Oilers have shown no interest in resigning him so he will look for

a new team.

Forward Ryan Jones, another unrestricted free agent, said he isn't sure of his future but hopes to return to Edmonton.

There's also questions surrounding the future of goaltender Nikolai Khabibulin, veteran forwards Ryan Smyth and Ales Hemsky, and a number of defencemen.

Captain Shawn Horcoff said no matter what changes management makes in the next five months the onus will still be on the players to perform.

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Milan Lucic of the Boston Bruins fights Chris Neil of the Ottawa Senators in the first period Sunday in Boston. The Senators won 4-2 to secure the no. 7 spot in the playoffs. JARED WICKERHAM/GETTY IMAGES

# Sens beat Bruins to clinch 7th seed

**NHL.** Ottawa to face Montreal in playoffs after winning game originally scheduled the day of the Boston Marathon bombings

Ottawa Senators forward Daniel Alfredsson said he's always wanted to face the Montreal Canadiens in the playoffs.

Or was he just trying to avoid the top-seeded Pittsburgh Penguins?

"We talked about mostly finishing better than last year," Alfredsson said after the Senators beat Boston 4-2 in the NHL's rescheduled regular-season finale on Sunday night to earn the No. 7 seed in the Eastern Conference.

"We were eighth last year,

On Sunday

4

2

Senators

Bruins

so to win here the last game and finish seventh it feels really good. We improved on last year, and that's what we wanted."

Jean-Gabriel Pageau scored the tiebreaking goal with 3:34 to play, and Kyle Turris added an empty-netter to help Ottawa win the game that was originally scheduled for April 15, the day of the Boston Marathon bombings.

It was the only NHL game on Sunday, with the rest of the league wrapping up the regular season by Saturday.

The victory pushed the Senators past the New York Islanders and into seventh in the East, helping them avoid the Penguins in the first round.

Ottawa opens the series in Montreal on Thursday.

"I think it will be a great series," Alfredsson said. "The Bell Centre is one of the most exciting buildings to play in. It's a great hockey town as well.... I think it's going to be an unbelievable atmosphere in both arenas, and I'm looking forward to a hard-fought series."

The Islanders will face Pittsburgh in the first round. The Bruins could have won the Northeast Division and earned a No. 2 seed with a win, but they finished fourth in the East and will play Toronto in the first round starting Wednesday in Boston.

THE ASSOCIATED PRESS

## NHL

### Stamkos leading Canada to worlds

Steven Stamkos is the biggest name on Canada's roster for the men's world hockey championship.

Canada announced the names of 22 players committed to its 25-man roster on Sunday. Stamkos will be the star of the offence after finishing second in the NHL in goals (29) and points (57). Edmonton Oilers Taylor Hall, Jordan Eberle, defence-man Justin Schultz and goaltender Devan Dubnyk are also on the squad. The event starts Friday in Helsinki and Stockholm.

THE CANADIAN PRESS

## NHL

### Stars fill GM role with Jim Nill

The Dallas Stars have chosen Jim Nill to replace fired general manager Joe Nieuwendyk, a person familiar with the decision told The Associated Press.

The person spoke on condition of anonymity Sunday night because the move hadn't been announced.

Dallas fired Nieuwendyk on Sunday after four seasons with two coaches and no playoff appearances. The Stars finished their season 22-22-4 Saturday.

THE ASSOCIATED PRESS

## Hockey

### Canada tops U.S. to capture U-18 title

Canada has ended four years of American dominance at the world under-18 men's hockey championship.

Frederik Gauthier's second-period goal stood as the winner as Canada rallied past the United States 3-2 to win the world title.

The Americans had a 2-1 lead at the midway point of the game and outshot the Canadians for all three periods 35-12.

Laurent Dauphin and Madison Bowey also scored for Canada.

THE CANADIAN PRESS

## NBA PLAYOFFS

### CONFERENCE QUARTER-FINALS

(Best-of-7; All Times Eastern)

#### EASTERN CONFERENCE

MIAMI (1) VS MILWAUKEE (8)

(Miami wins series 4-0)

Sunday's result

Miami 88 Milwaukee 77

NEW YORK (2) VS BOSTON (7)

(New York Leads 3-1)

Sunday's result

Boston 97 New York 90 (OT)

INDIANA (3) VS ATLANTA (6)

(Indiana leads series 2-1)

Monday's game

Indiana at Atlanta, 7:30 p.m.

BROOKLYN (4) VS CHICAGO (5)

(Chicago leads series 3-1)

Monday's game

Chicago at Brooklyn, 7 p.m.

#### WESTERN CONFERENCE

OKLAHOMA CITY (1) VS HOUSTON (6)

(Oklahoma City leads series 3-0)

Monday's game

Oklahoma City at Houston, 9:30 p.m.

SAN ANTONIO (1) VS L.A. LAKERS (7)

(San Antonio wins series 4-0)

Sunday's result

San Antonio 103 L.A. Lakers 82

DENVER (3) VS GOLDEN STATE (6)

(Golden State leads series 2-1)

Sunday's result

Denver at Golden State

L.A. CLIPPERS (4) VS MEMPHIS (5)

(Tie 2-2)

Tuesday's game

Memphis at L.A. Clippers, 10:30 p.m.

## NHL

### EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
dx-Pittsburgh	48	36	12	0	0	165	119	72
dx-Montreal	48	29	14	3	2	149	126	63
dx-Washington	48	27	18	3	0	149	130	57
x-Boston	48	28	14	3	3	131	109	62
x-Toronto	48	26	17	0	5	145	133	57
x-NY Rangers	48	26	18	0	4	130	112	56
x-Ottawa	48	25	17	2	4	116	104	56
x-NY Islanders	48	24	17	4	3	139	139	55
Winnipeg	48	24	21	0	3	128	144	51
Philadelphia	48	23	22	1	2	133	141	49
New Jersey	48	19	19	3	7	112	129	48
Buffalo	48	21	21	2	4	125	143	48
Carolina	48	19	25	3	1	128	160	42
Tampa Bay	48	18	26	1	3	148	150	40
Florida	48	15	27	5	1	112	171	36

### WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
dx-Chicago	48	36	7	0	5	155	102	77
dx-Anaheim	48	30	12	3	3	140	118	66
dx-Vancouver	48	26	15	1	6	127	121	59
x-St. Louis	48	29	17	1	1	129	115	60
x-Los Angeles	48	27	16	1	4	133	118	59
x-San Jose	48	25	16	3	4	124	116	57
x-Detroit	48	24	16	3	5	124	115	56
x-Minnesota	48	26	19	1	2	122	127	55
Columbus	48	24	17	3	4	120	119	55
Phoenix	48	21	18	3	6	125	131	51
Dallas	48	22	22	3	1	130	142	48
Edmonton	48	19	22	4	3	125	134	45
Calgary	48	19	25	1	3	128	160	42
Nashville	48	16	23	3	6	111	139	41
Colorado	48	16	25	5	2	116	152	39

x - clinched playoff berth; y - division; z - conference.

Sunday's result

Ottawa 4 Boston 2

Saturday's results

NY Rangers 4 New Jersey 0

Philadelphia 2 Ottawa 1

Washington 3 Boston 2 (OT)

Detroit 3 Dallas 0

Montreal 4 Toronto 1

Florida 5 Tampa Bay 3

Columbus 3 Nashville 1

Pittsburgh 8 Carolina 3

Minnesota 3 Colorado 1

St. Louis 3 Chicago 1

Edmonton 7 Vancouver 2

Phoenix 5 Anaheim 3

Los Angeles 3 San Jose 2

## MLB

### AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	18	7	.720	—
New York	15	9	.625	2½
Baltimore	15	10	.600	3
Tampa Bay	12	13	.480	6
Toronto	9	17	.346	9½
CENTRAL DIVISION				
	W	L	Pct	GB
Kansas City	13	9	.591	—
Detroit	13	10	.565	½
Minnesota	11	10	.524	1½
Chicago	10	14	.417	4
Cleveland	9	13	.409	4
WEST DIVISION				
	W	L	Pct	GB
Texas	16	9	.640	—
Oakland	14	12	.538	2½
Seattle	11	16	.407	6
Los Angeles	9	15	.375	6½
Houston	7	18	.280	9

Sunday's results

N.Y. Yankees 3 Toronto 2

Boston 6 Houston 1

Tampa Bay 8 Chicago White Sox 3

Minnesota 5 Texas 0

Kansas City 9 Cleveland 0

Oakland 9 Baltimore 8 (10)

Seattle 2 L.A. Angels 1

Detroit 8 Atlanta 3

Cleveland 10 Kansas City 3

Monday's games

All times Eastern

Houston (Harrell 2-2) at N.Y. Yankees (Pet-

titt 3-1), 7:05 p.m.

Minnesota (Pelfrey 2-2) at Detroit (Scher-

zer 2-0), 7:08 p.m.

Cleveland (Jimenez 0-2) at Kansas City

(Davis 2-1), 8:10 p.m.

L.A. Angels (Hanson 2-1) at Oakland

(Straily 1-0), 10:05 p.m.

Baltimore (Britton 0-0) at Seattle (Saun-

ders 1-3), 10:10 p.m.

### NATIONAL LEAGUE

Sunday's results

Miami 6 Chicago Cubs 4

Philadelphia 5 N.Y. Mets 1

Cincinnati 5 Washington 2

Pittsburgh 9 St. Louis 0

L.A. Dodgers 2 Milwaukee 0

Arizona 4 Colorado 2

San Diego 6 San Francisco 4

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Yankee Lyle Overbay, left, rounds the bases following his two-run home run off Blue Jays pitcher R.A. Dickey on Sunday in New York. GETTY IMAGES

# Dickey drops another in Bronx

**MLB.** Yankees overcome deficit for fourth straight game to record series sweep

The last time R.A. Dickey had been on a pitcher's mound in New York, Mets fans showered him with affection in September after he became the team's

first 20-game winner in more than two decades.

When he returned Sunday with the last-place Toronto Blue Jays, he left dejected.

"Obviously I wish for a better result," he said after giving up a pair of home runs to the New York Yankees, who beat him 3-2 to complete a four-game sweep of the no-longer-fancied Blue Jays.

Dealt to Toronto after go-

On Sunday

3

Yankees

2

Blue Jays

ing 20-3 and winning the NL Cy Young Award, Dickey (2-4)

already has lost more games this year than in all of 2012. The 38-year-old allowed three runs and four hits in seven innings, with four strikeouts and a walk. He's been slowed by soreness in his neck and back.

"If I have to battle it for a while, I'll battle it for a while until it goes away," he said. "It gets marginally better between starts. It's just that when I have to start it breaks

down again."

Toronto (9-17) was swept in a four-game series in which it led every game for the first time since Sept. 19-21, 1995, at old Yankee Stadium. The Blue Jays were 4-for-24 with runners in scoring position in the series and struck out 37 times, including 13 Sunday.

Half of New York's hits on Sunday were homers.

THE ASSOCIATED PRESS

NBA

## Michael Jordan's wedding draws sports elite

Michael Jordan got married over the weekend in front of a few hundred of his family and closest friends.

The Charlotte Bobcats owner exchanged vows with 35-year-old former model Yvette Prieto on Saturday in Palm Beach, Fla., Jordan's manager Estee Portnoy told The Associated Press on Sunday.

The wedding took place at the Episcopal Church of Bethesda-by-the-Sea, with nearly 300 guests in attendance, including Tiger Woods, Patrick Ewing, Spike Lee and Ahmad Rashad.

The ceremony was followed by a reception at the Bear's Club in Jupiter, Fla., a luxurious private golf club designed by Jack Nicklaus. Jordan, 50, owns a home near the course.

The six-time NBA champion and Prieto met five years ago and were engaged last December.

The couple and their guests were entertained by singers K'Jon, Robin Thicke and Usher.

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NBA playoffs

## Spurs roll right through Lakers

For four straight games, the San Antonio Spurs showed off all the teamwork and tenacity that the Los Angeles Lakers lacked all season long.

And when the Lakers' tumultuous season finally collapsed on Sunday night, the smooth Spurs rolled right past them to the second round.

Tony Parker scored 23 points, and San Antonio completed its first-round sweep of the injury-plagued Lakers with a 103-82 victory in Game 4.

Tim Duncan had 11 points and six rebounds for the second-seeded Spurs, who will face the winner of Denver's series with Golden State in the second round. They'll get plenty of rest after flattening the Lakers, who staggered through back-to-back blowout losses at home without three regular starters in their first opening-round exit since 2007.

"Obviously, it wasn't a fair fight," Spurs coach Gregg Popovich said.

NBA playoffs

## Knicks offence goes flat vs. Celtics

Carmelo Anthony missed 25 shots and the New York Knicks still almost completed a sweep of the Boston Celtics.

So with J.R. Smith coming back to provide scoring punch off the bench, the Knicks are confident they can improve on their performance in Sunday's 97-90 overtime loss to the Boston Celtics.

"I missed a lot, a ton, of shots," Anthony said. "Defensively, we were still there. We look forward to Wednesday."

THE ASSOCIATED PRESS

## NBA. Heat Big Three take 'next big step' in completing sweep of Bucks



Chris Bosh hammers home two points for the Heat on Sunday in Milwaukee. GETTY IMAGES

LeBron James can cross another item off his to-do list.

James scored 30 points, Ray Allen had another big game against his old team and the Miami Heat got their first playoff sweep in the Big Three era, advancing to the Eastern Conference semifinals with an 88-77 victory over the Milwaukee Bucks on Sunday.

"It was our next big step as far as our growth," James said. "It's so hard to win on the road in the playoffs, in someone's building — especially when someone is playing for

On Sunday

88

Heat

77

Bucks

their last life. It's a big step for us."

And now the Heat have some much-needed time to rest. Dwyane Wade sat out Sunday's game, only the

second post-season game he's missed in his career, because of his aching right knee. But with Miami not playing until next Saturday, at the earliest, he'll have plenty of time to treat the three bone bruises that caused him to miss six games near the end of the regular season.

Miami plays the winner of the Brooklyn-Chicago series. The Bulls lead that series 3-1, with Game 5 on Monday night in New York.

"It's big," Wade said of the time off. "Obviously, we're

one of the oldest teams in the league, maybe the oldest team in terms of rotation players. Guys have some bumps and bruises coming out of this series, so it's going to be great to get some rest."

The defending NBA champions won each game by double digits, getting contributions from their stars and subs alike. Allen finished with 16 points, the third time in the series he scored in double figures, and was 4-of-7 from three-point range.

THE ASSOCIATED PRESS

## Horoscopes

### Aries

March 21 - April 20

It's not like you to be so openly affectionate but someone seems to have fired up your passion. Whatever the reason for the sudden upsurge of loving feelings it's something you should do more often.

### Taurus

April 21 - May 21

There are so many wonderful aspects operating in your favor now that all things are possible. Wishes you made in the past that came to nothing WILL come true this week.

### Gemini

May 22 - June 21

If you need to give your self-confidence a boost ask a friend what they think of your latest creative project. Most likely they will praise it to the skies and your ego will go through the roof too.

### Cancer

June 22 - July 23

What a loved one tells you today may be interesting but you would be wise not to take it too seriously. It could be that they have been misled, so check the facts carefully.

### Leo

July 24 - Aug. 23

You could meet someone interesting today, but only if you make the effort to get out and about. You could also be the beneficiary of a stroke of good fortune you probably don't deserve.

### Virgo

Aug. 24 - Sept. 23

If you make a few small and apparently insignificant savings now you won't have to make so many major sacrifices later on. As a Virgo you are supposed to be organized.

### Libra

Sept. 24 - Oct. 23

Tell someone how you feel about them today — provided, of course, your feelings are warm and generous. Don't put it off a moment longer.

### Scorpio

Oct. 24 - Nov. 22

You may want to help a colleague who clearly is in need of assistance but if you have already helped them several times in the recent past maybe you should let them suffer. It may be the only way they learn.

### Sagittarius

Nov. 23 - Dec. 21

You are in an unusually loving mood at the moment and long may it continue. However, don't be so loving that you forget that not everyone shares your natural generosity.

### Capricorn

Dec. 22 - Jan. 20

You may be unsure of your abilities but others have faith in you and will go out of their way to show it today. If they ask you to get up in front of an audience be brave and do it.

### Aquarius

Jan. 21 - Feb. 19

You seem to be everyone's favorite Aquarius at the moment, but don't let it lull you into a false sense of security. You still have some big issues to deal with and some big rivals to overcome.

### Pisces

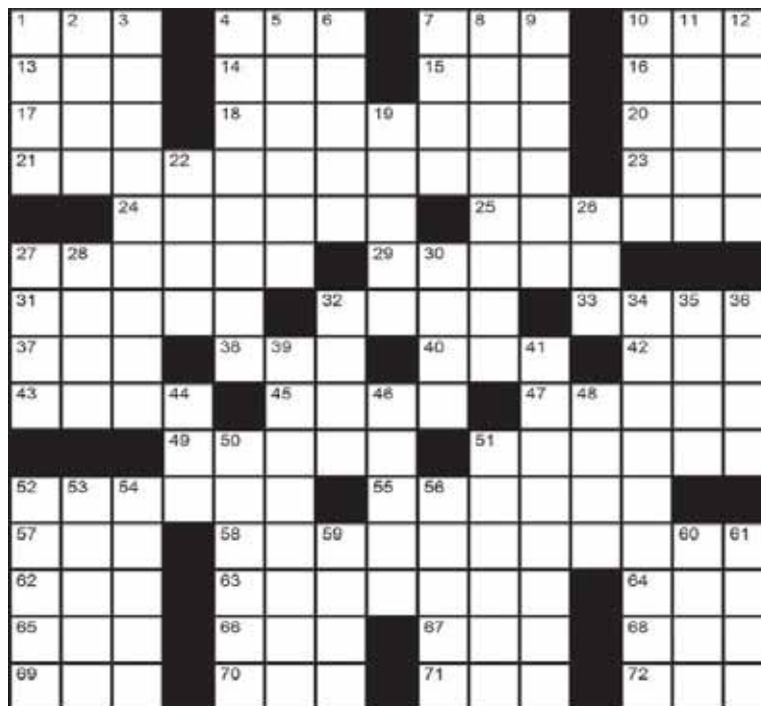
Feb. 20 - March 20

The next few days are going to be very busy indeed, not only in body but in mind as well. New ideas will grab your attention and new opportunities will tempt you to try something different. So try. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. \_ \_ \_ Cosmetics
4. Tee- \_ (Chuckie)
7. Opera singing style, \_ canto
10. Tub
13. Texting point-of-view
14. Crawling plant
15. Iron's partner
16. 'Percent' suffix
17. Wetland
18. \_ Triangle
20. Company name abbr.
21. New Brunswick's provincial capital
23. Headed
24. \_ Globetrotters
25. Crunchy veggie
27. Canadian actor Henry of ABC's "Revenge"
29. Milk carton size
31. Raccoon-like animal
32. Dean Martin's nickname
33. Twirled
37. Pay-when-received [acronym]
38. House siding material, for short
40. Airport screen abbr.
42. Maritime workers' org.
43. " \_ Excited" by The Pointer Sisters
45. Overlook
47. Master of ceremonies



49. Safety \_ (Accessibility aids)
51. Bicycle wheel parts
52. Residential area
55. On the beach
57. 'Cond' completer (Excuse)
58. Telemarketing workplaces: 2 wds.
62. Thespian's verb

63. Garden's lat-ticework
64. Little devil
65. Boring routine
66. 'Glycer' suffix
67. 'Mod' suffix
68. Ms. Peebles
69. Barn abode
70. Lettuce variety
71. Some univ. degrees

72. Axl Rose's rock gr.

### Down

1. Annoy
2. Actress Ms. Ferrara, for short
3. 1993 Dan Aykroyd comedy in which he reprised his Beldar character from "Saturday Night Live"

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

10. Montreal's Place \_ Marie
11. Adjust
12. Toy bear
19. Old Rome's 1951
22. Dash
26. WKRP employee
27. Gladiator's 301
28. Move quickly
30. \_ the finish: 2 wds.
32. Toss away
34. \_ Nuclear (Generating station east of Toronto)
35. 1997 Peter Fonda title role
36. Rob Roy's refusals
39. Guy \_ and His Royal Canadians
41. Answers: French
44. Q. "What's the 21st letter?" A. "Hmmm... either T \_"
46. "Love \_ you need." - The Beatles
48. Beetle Bailey creator Mr. Walker
50. North Pole's \_ Ocean
51. Canadian actress Ms. McCarthy
52. Goes parasailing
53. Not-mowed grass
54. Actress Ms. White
56. \_ 7 (Brit pop group)
59. Some brand name jeans
60. Scale with one sharp, \_
61. Box

## Friday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku



## Weather

TODAY

TUESDAY

WEDNESDAY



MAX: 3°  
MIN: -1°



MAX: 2°  
MIN: -7°



MAX: 2°  
MIN: -11°



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Aaren Schroeder



Keith Bedard



Dale Sauer



Ron Blonar



Brad Leyden



Robert Blackmore



Dave Welsh



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Mauricio Roa



Eddie Yehia



Len Novak